Nutrition

WORKSHEET 1

1. **NUMBER the stages of digestion.**

_____ The food is mixed with gastric juices in the stomach.

_____ The faeces are expelled through the rectum.

_____ In the mouth, the teeth crush the food and it is mixed with saliva.

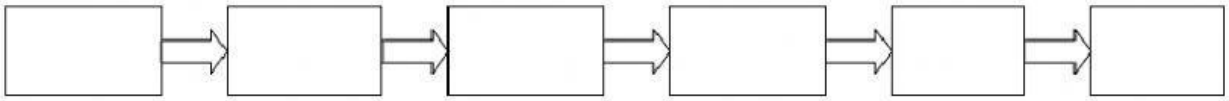
_____ In the small intestine, the food mixes with bile from the liver and the nutrients and vitamins are absorbed.

_____ The food passes down the esophagus and into the stomach.

_____ The remains of the food are transformed into faeces in the large intestine.

2. **CONNECT the flow chart to show the digestive system.**

large intestine rectum mouth small intestine stomach esophagus



3. **CONNECT the words to the descriptions. DRAW A LINE.**

Digestion	This takes place in the small intestine. The nutrients from the food pass into the blood.
Absorption	This takes place in the mouth, esophagus and stomach. The food is broken down to prepare it for digestion.
Elimination	This takes place in the large intestine and the rectum. The remains of the food is transformed into faeces and expelled from the body.

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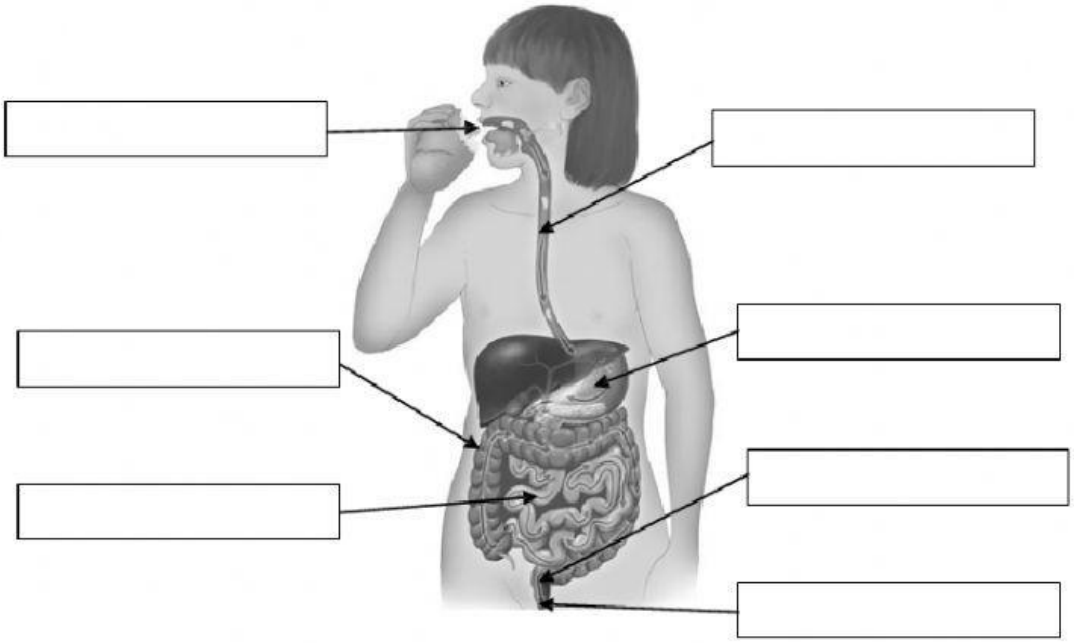
4. **CONNECT the parts of the digestive system to their place.**

mouth	**large intestine**	**anus**	**small intestine**
esophagus	**rectum**	**stomach**	



5. **What happens in each part of the digestive system? Write the word of the place where it happens. They are the same words as in exercise 4. Write them EXACTLY as they appear.**

a) The food is crushed and mixed with saliva. _____

b) The undigested food is transformed into faeces. _____

c) The faeces leave the body. _____

d) The food mixes with gastric juices. _____

e) The food travels down to the stomach. _____

f) Nutrients are absorbed. _____

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g) **CONNECT the name of each process and order them WITH A NUMBER BELOW.**

elimination	absorption	digestion

The small intestine absorbs the nutrients from the food. From the small intestine, the nutrients go into your blood.	The mouth, the esophagus and the stomach all help our body digest the food we eat.	The large intestine and rectum transform the undigested solids into faeces.

LIVEWORKSHEETS